Monday, April 21, 2014

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'HURRICANE' CARTER DIES

BOXER BECAME ACTIVIST AFTER BEING WRONGFULLY CONVICTED OF A TRIPLE MURDER, SPENDING NEARLY 20 YEARS IN JAIL PAGE 6

Return to Boston marathon

Wakefield, Que. pair go back to site of last year's bombing PAGE 3

Hockey parents become mocky parents

Metro article targeted for exposing poor behaviour PAGE 4

Brittany Ashbridge twirls a hula-hoop during the annual 4-20 rally on Parliament Hill on Sunday. LUCY SCHOLEY/METRO

Russia blames Ukraine for shootout

Three die at checkpoint PAGE 7

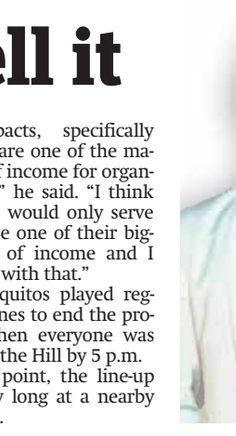
Confusion, indecision as S. Korean ferry sank

Radio transcript shows chaotic situation may have added to the death toll PAGE 8

X marks the pop

Music video maker Director X — who has worked with everyone from Nicki Minaj to Drake — follows his clients' instincts PAGE 11

USE METRO AR TO WATCH MUSIC VIDEO FOR CAN'T DENY IT



4-20 message: If you can't beat it, sell it

Weed Day. Annual protest/party touts medical uses, potential tax benefits

LUCY SCHOLEY
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Thousands of pro-marijuana activists lit up blunts and bongs at Parliament Hill on Sunday afternoon to promote pot legalization.

The annual 4-20 Weed Day rally was less like a protest and more like a giant outdoor party, with people hula-hooping, playing Hacky Sack, waving giant marijuana-leaf flags and donning dreads.

Claude Galipeau, spokesperson for the committee that organizes the rally, said the group's message to the Conservative government is "stop unjustly criminalizing cannabis and start benefiting from it."

"It's a billion-dollar industry, regardless of its legal status," Galipeau said. "So might as well create a legal framework where it can be to the benefit of Canadians and the Canadian economy, instead of a drain to the Canadian economy through judiciary costs."

Alexandre Smith, an employee at Scottie's Spot cannabis shop, said he attended the rally for both work and personal reasons. He said he used to take Ritalin when he was a student, but then switched to pot.

"It actually helped me concentrate better in school," he said. "It really helped me. It helps me with appetite and helps me with sleep."

Robert Warnock, a sociology student at the University of Ottawa, was a lone demonstrator protesting against marijuana legalization.

"My major concern is the social impacts, specifically how drugs are one of the major forms of income for organized crime," he said. "I think legalization would only serve to legitimize one of their biggest forms of income and I don't agree with that."

Les Mosquitos played reggae-style tunes to end the protest, and then everyone was ordered off the Hill by 5 p.m.

By that point, the line-up was already long at a nearby chip wagon.

NEWS 1

Game slips from Fury's grasp in footie debut

Soccer. NASL home opener ends with loss to Minnesota, much to dismay of excited fans

MIKE CARROCCETTO
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Minnesota United FC defender Justin Davis, left, and Fury midfielder Philippe Davies go up to head the ball during NASL action at Keith Harris Stadium in Ottawa on Saturday. MIKE CARROCCETTO/FOR METRO

It's called the beautiful game, but the end of the first game in the city's new era of pro soccer was not so pretty.

In the 97th and final minute of the game, Minnesota United FC forward Christian Ramirez headed the ball into the net from close range to stun the Ottawa Fury, as well as the 3,457 fans who had jam-packed Keith Harris Stadium for Saturday afternoon's game.

Just moments prior to that, United's Kevin Venegas had been awarded a free kick — which, by rule, allowed the game to continue past the six minutes of injury time. His kick found its way to an open Ramirez on the right goal post. Ramirez jumped for the ball, making contact with his head. It went up and over Fury goalkeeper Devala Gorrick and dropped into the cage for a 2-1 edge.

The referee's whistle to end the game blew only seconds later, before the Fury could commence one final attack.

"It's hard, very hard," said Ottawa head coach Marc Dos Santos when asked after the game if the way the Fury lost had been demoralizing. "Because we came back in the second half with a lot of energy ... We tied the game, because we deserved to tie (the game). After a while we were growing in the game, and I felt we were going to score (next) to win the game. If they score a good goal, like the first one they got — a very good goal — that's one thing.... That's what's upset me."

Dos Santos said in the first half there was "a lot of anxiety."

"They're one of the best teams in the league. We gave a lot of respect to Minnesota; maybe we respected them way too much," he said.

Before the game, thousands of fans lined up in anticipation, streaming through the gates at Carleton University an hour prior to kickoff.

Many wore colourful red Fury scarves, and they needed them: Though the sky was sunny and beautiful, a brisk breeze from the northwest made for a chilly spring afternoon, despite the thermometer's showing 10 C.

It was a special day for Fury season-ticket holder Alexander Van Ooijen, who is originally from the Netherlands.

"Professional football in Ottawa is what got me excited," said Van Ooijen, decked out in his own Fury scarf. He said he expected to witness "an energetic game and an energetic crowd."

Ottawa played its possession game to perfection, but Minnesota hit the board first, with star midfielder Miguel Ibarra striking for a goal in the 36th minute.

The excitement and tension continued to build when, after halftime, in the 50th minute, the Fury took control of the ball, as they like to do, went downfield and converted a nice passing play into a goal by forward Vini Dantas, tying the game 1-1.

The first goal in Fury franchise history was wildly celebrated on the field and in the stands. Some overexuberant fans released a smoke bomb and streamers into the sky.

The Fury continued to attack and had two excellent scoring chances late in the game, but were not able to convert.

The Fury's next home game is versus Edmonton FC on Wednesday at Keith Harris Stadium. Kickoff is 7:30 p.m.

Rosenthal Avenue

TV falls on toddler, causes head injury

It was a sad Easter Sunday morning for an Ottawa household after a two-year-old boy was critically injured when a television fell on him.

Paramedics responded to the call from the Rosenthal Avenue house at around 8:36 a.m. and were on scene in three minutes. Paramedic John Blythe said the boy had suffered head injuries and was drifting in and out of consciousness.

The boy was taken to the Children's Hospital of Eastern Ontario in critical condition.

Blythe could not give many details but said the boy's mom was home at the time. It was an older tube TV that fell on the toddler. LUCY SCHOLEY/METRO

Morisset Avenue

Arrest made after man stabbed

One man is in hospital and another is in police custody after a stabbing early Sunday.

Ottawa paramedics said they were called to the 1000 block of Morisset Avenue to treat a 32-year-old victim.

Police reported they had arrested a man and were not looking for any other suspects. METRO

West end

SUV crash leads to woman's death

A 54-year-old woman has died after being struck Saturday by a vehicle in the west end, reportedly an SUV driven by her elderly father. THE CANADIAN PRESS

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‘We realized that if we didn’t come back, the terrorists have won’

Boston Marathon. Ottawa-area runners return one year after deadly bombings

LUCY SCHOLEY
lucy.scholey@metronews.ca

Marian Jordan was just a block away when she heard the first bomb go off.

The Wakefield, Que., resident was a volunteer giving out medals near the Boston Marathon finish line and cheering on her husband, Tim Scapillato. She knew something was wrong when she saw a dark grey cloud engulf stunned runners. Minutes later, a second bomb went off. Somebody told her to drop her medals and run.

The attack that killed three people and wounded 260 others has been on her mind ever since. It almost stopped the couple from returning this year. But Jordan will be handing out medals again on Monday, wearing her signature red Running Room baseball hat and eyeing the crowd for her husband.

“We realized that if we didn’t come back, the terrorists have won,” said Scapillato, on the phone from the couple’s hotel room.

The 59-year-old Boston Marathon runner said he’d crossed the line 30 minutes before the first bomb went off. He was walking back to his hotel when he saw smoke and heard sirens, but didn’t know what happened until he returned to his room and turned on the television.

With cellphone service down, he had no way of contacting his wife. He said he frantically sent out Facebook messages and texts before she finally returned an hour and a half later.

Despite last year’s bombing, there will be 36,000 racers lining up for this year’s Boston Marathon. There’s a more beefed-up security presence and a new no-bag policy, but some runners say there’s a positive buzz in the city.

Chelsea Smith, a 28-year-old Boston Marathon first-timer, said fear of another bombing won’t be top of mind when she laces up.

“I’m more nervous of trying to achieve my goal,” said Smith, who is trying to shave at least 20 minutes off her 3:22 finishing time in the Ottawa marathon qualifier. Her boyfriend and parents have also made the trip to cheer her on. Other friends have asked her if she’s scared.

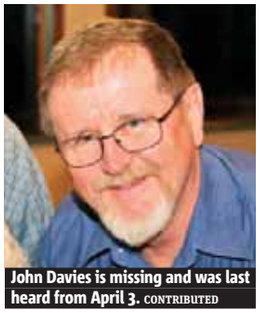
“It kind of makes you want to do it even more,” she said.

Jordan and Scapillato say this year’s race is about “getting back on the horse.”

“Move it forward, but respect what happened,” said Jordan.

Tim Scapillato and Marian Jordan are returning to the Boston Marathon as a runner and volunteer, respectively, one year after the tragic bomb attack. CONTRIBUTED

Retired photographer missing, police ask for help



John Davies is missing and was last heard from April 3. CONTRIBUTED

Retired Ottawa photographer John Davies has gone missing and his family is sick with worry. Police are asking the public for help finding him.

“There’s no way he’s OK and he wouldn’t call her at Easter,” said Darlene Davies of her brother’s missed phone call to their mother over the Easter long weekend. Her eldest brother John is a loner, she says, but is very “regimented,” and calls his mother “every other day.” She says her brother served in the Canadian Forces and then the federal civil service.

The last time Darlene heard from John was in an email on April 3.

She says she had been trying to get in touch with John ever since April 11, when she said her brother had been slated to have a colonoscopy. She said she was concerned when she didn’t hear back from him, but didn’t really start to worry until April 17, when her mother began to complain she hadn’t heard from John.

At that point, Darlene contacted police to file a missing persons report.

On Sunday, police put out a press release asking for the public’s assistance, but didn’t say in the communiqué what Darlene says they told her — that they found her brother’s car in a National Capital Commission parking lot at a conservation area. She said police told her NCC parking enforcement had chalked the car on April 17 and police found her brother’s camera bag in the car, but no camera. She says police won’t tell her what conservation area the car was found in and she fears John may have been injured or suffered a heart attack or stroke in the woods.

“Something’s wrong if his car is there and he’s not, and his camera isn’t there, but the bag is. He kept to himself. He wouldn’t have met someone and gone somewhere else in a different car.”

SEAN MCKIBBON/METRO

Seeking tips

Anyone with information as to John Davies’ whereabouts is asked to contact the Ottawa Police Service at 613-236-1222 ext. 2355.

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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SHOPPERS DRUG MART

‘Them lefties is comin’ for us,’ forum post says

Choice words. Hockey parents mock Metro News online over bullying article

TREVOR GREENWAY
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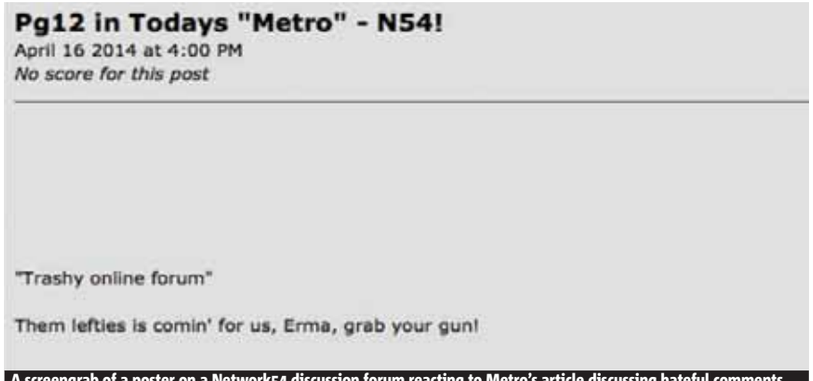
After Metro exposed an online forum in which hockey parents bully kids, users of the site published a post warning writers that “Them lefties is comin’ for us, Erma, grab your gun!”

Metro came across several threads on Network54.com written by Ottawa hockey parents that criticized kids behind their backs, insulting their skills, attitude and the way parents “pumped her head up so much that she can barely get a helmet on.”


Pg12 in Todays "Metro" - N54!
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No score for this post
"Trashy online forum"
Them lefties is comin' for us, Erma, grab your gun!

A screengrab of a poster on a Network54 discussion forum reacting to Metro’s article discussing hateful comments levelled at specific minor hockey players. NETWORK54.COM

One post went so far as to call one young player a “loser” who couldn’t make a AAA hockey team on his own merit.

Not long after the article broke, users set up a new thread mocking the article and encouraging parents to vote on Metro’s online poll so that it would dip in their favour.

“We should all go on Metro’s site and comment on the article, dropping f–tard bombs along the way,” one anonymous writer posted.

Another anonymous post read, “I’m a degenerate loser bully already as we all are on here. I don’t need an article to tell me that.”

Metro set up an account asking for any of the parents to come forward to tell their side of the story. The thread was then quickly deleted.

Still others on a different Network54 discussion thread applauded Metro’s coverage.

One user did come forward saying he would “be glad to share my experience with you so that you can get a balanced view of this thing,” but when Metro tried to reach this person, there was no response.

Anne Bowker, a developmental psychologist and program chair at Carleton University who has done extensive research on hockey parents, says the anonymity of the Internet gives people “free rein to behave like idiots.”

“There is nobody standing there saying, ‘Hey, I know who you are, don’t do that kind of thing,’” Bowker told Metro Thursday.

“I think sometimes, certainly, parents get so obsessed with the hockey bit and how their kid is doing that they lose perspective, perhaps.”

Quoted

“There is nobody standing there saying, ‘Hey, I know who you are, don’t do that kind of thing.’”

Anne Bowker, developmental psychologist
On why anonymity leads to bad behaviour online

‘Same price, same fashion,’ U.S. clothing store says

Fahionistas looking to score hot deals won’t have to flock south of the border anymore, as Ottawa became home to its first Express clothing store on Thursday — and the Bayshore store promises to give customers the same prices as their U.S. counterpart stores.

“We went to same pricing, same fashion as the U.S.,” said Express district manager for East Canada, David Price Nakagawa, during the store’s grand opening Thursday morning.

“We don’t change our prices when we come up to Canada, so you will see the only difference will be the taxes, so same price, same fashion.”

The new store at Bayshore mall is a “one-stop shop,” says Price Nakagawa, as the clothing company targets four different styles of clothing: casual, going out, work and denim for both men and women.

Express district manager David Price Nakagawa poses in front of the first Ottawa location Thursday. TREVOR GREENWAY/METRO

“We can outfit everything from the shoes to the accessories to the fragrance,” he said.

Price Nakagawa added that although there is only one store in Ottawa, another one will open this summer at the Rideau Centre.

Price Nakagawa spoke of Express clothing being “unique” within today’s trends, as the company has its own design studio to modify current trends so that everybody doesn’t look the same — a major fashion faux pas.

“We are big enough where we are able to meet a lot of the customers’ demands, but we are small enough where we can react to different trends and test our products,” he said.

“So we know what is out there and if it’s going to work or not.”

TREVOR GREENWAY/METRO

Quoted

“We don’t change our prices when we come up to Canada, so you will see the only difference will be the taxes.”

David Price Nakagawa, Express district manager

So this one lays the chocolate eggs, right?

Two-year-and-five-month-old Malak Karkouti reaches out to pet a rabbit during her first-ever visit to the Canada Agriculture Museum in Ottawa Sunday. Throngs of families with young children gathered at the museum to see animals and participate in a chocolate Easter Egg hunt. The museum is open Easter Monday from 9 a.m. to 5 p.m. SEAN MCKIBBON/METRO

New species of killer sponges discovered

Science. The carnivorous sponges are a 'truly extraordinary species' that feed on amphipods and copepods in the sea

Close up view of one of four new species of carnivorous sponges. THE ASSOCIATED PRESS

They look like fuzzy fingers, waving gently from the depths of the ocean floor, but make no mistake — they're stone cold killers.

Scientists have discovered four new species of carnivorous sponge off the Pacific Coast, including one deadly variety found in the deep-sea ridges off southern Vancouver Island.

Fortunately, these killers are about the size of a piece of spaghetti and they feed only on the tiny, shrimp-like amphipods and copepods that drift through the sea.

"Sponges characteristically feed on small particles, like bacteria, little tiny guys," said Henry Reiswig, a retired professor of biology at McGill University.

These meat eaters have been described as the Venus fly traps of the deep sea, a "truly extraordinary species," wrote Lonny Lundsten, the lead author of an article published in the scientific journal Zootaxa.

Their meat-eating ways are believed to be an adaptation to the nutrient-poor environs of the deep sea. So far, they've only been found in very deep water ranging from 600 to 3,400 metres. But there are at least 11 species found in the northeast Pacific, Reiswig said.

It's a small step in understanding the biodiversity of the largest and least known habitat on Earth, Lundsten said.

THE CANADIAN PRESS

Prince George and his new bilby friend

Britain's Kate, the Duchess of Cambridge, and her husband Prince William, watch as their son Prince George looks at an Australian animal called a bilby, which has been named after the young prince, during a visit to Sydney's Taronga Zoo in Australia on Sunday. Australian bilbies, an endangered species, are known by their long muzzles and very long ears. DAVID GRAY/THE ASSOCIATED PRESS

Netherlands

Fire destroys Dutch national park

A large wildfire destroyed at least 1,300 acres in the Netherlands' Hoge Veluwe National Park on Sunday, Dutch authorities said. The park is home to a museum with a major collection of art, which is reportedly not in danger. THE ASSOCIATED PRESS

U.S. Navy

Research aims to fix sailors' sleep

The U.S. navy has endorsed changes to submarine sailors' schedules based on new research. Scientists have found that sailors, who begin a new workday every 18 hours, show less fatigue on a 24-hour schedule. THE ASSOCIATED PRESS

Pennsylvania

Miss America to the rescue

Nina Davuluri is asking a Pennsylvania school district to reconsider the punishment of a high school senior who asked her to his prom. But Davuluri says her travel schedule will prevent her from attending.

THE ASSOCIATED PRESS

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Activist 'Hurricane' Carter dies in Toronto at age 76

Wrongfully convicted of murder. Carter was immortalized in an iconic 1976 Bob Dylan song and a 1999 Norman Jewison film

Rubin "Hurricane" Carter, the former American boxer who became a tireless campaigner for the wrongfully convicted after spending almost 20 years in jail for a triple murder he denied committing, has died at his home in Toronto. He was 76.

His longtime friend and co-accused, John Artis, said Carter died in his sleep early Sunday morning after a lengthy battle with prostate cancer.

"It's a big loss to those who are in institutions that have been wrongfully convicted," said Artis.

"He dedicated the remainder of his life, once we were released from prison, to fighting for the cause of those who have been wrongfully convicted."

Artis quit his job stateside and moved to Toronto to act as Carter's caregiver after his friend was diagnosed with cancer nearly three years ago.

During the final few months, as Carter's health took a turn for the worse, Artis said he had come to grips with the fact that he was dying.

"He tried to accomplish as much as he possibly could prior to his passing," Artis said of the man who founded the Association in Defence of the Wrongly Convicted.

"He didn't express very much about his legacy. That'll be established for itself through the results of his work. That's primarily what he was concerned about — his work," Artis said. "He was a very selfless person.'' Carter's family, including two daughters, are all in the U.S.

THE CANADIAN PRESS

Rubin "Hurricane" Carter holds his fist up and smiles as he and Joyce Milgard enter the court building in Winnipeg in 2003 for a hearing. The former American boxer was imprisoned nearly 20 years for three murders before the convictions were overturned. He died at his home in Toronto at age 76. RUTH BONNEVILLE/THE CANADIAN PRESS

Long fight outside the ring

Carter was convicted along with his friend John Artis of murdering three people in a New Jersey bar in 1966.

- Their convictions were overturned in 1975, but both were found guilty a second time.
- After serving 19 years, Carter was freed in 1985 when a federal judge overturned the second convictions.
- When he was freed in 1985, a U.S. judge ruled that the prosecution had conducted "an appeal to racism rather than reason, concealment rather than disclosure."
- Carter's personal writings and photos, are being donated to a Boston university.

Climbing on Everest halted; rescue work begins

Mother of Ang Kaji, a Sherpa killed in the avalanche. THE ASSOCIATED PRESS

Nepal's authorities temporarily halted climbing on Mount Everest while search teams dug through snow and ice Sunday for three Sherpa guides missing in the deadliest avalanche on the world's highest peak that killed 13 others.

A section of the route over the dreaded Khumbu Icefall, a climbing pass where the avalanche swept a group of guides early Friday, has totally collapsed and a new trail has to be dug, ropes fixed and aluminum ladders laid over the crevasses before climbing can resume, said Ang Tshering of the Nepal Mountaineering Association.

Another group of Sherpas, who had already passed before the avalanche struck, were stranded on the other side and would only be able to get back to base camp once the new route is fixed, Tshering said.

Despite losing so many guides, there were no plans by expedition teams to abandon their attempt to climb the peak next month, he said.

Maddhu Sunan Burlakoti, head of the Nepalese government's mountaineering department, said that the search for the missing three climbers resumed Sunday. They were among 25 Sherpa guides hauling gear to the higher camps that their foreign clients would use in attempting to reach the summit next month.

One of the survivors said that the path had been unstable just before the snow slide hit near 5,800 metres.

THE ASSOCIATED PRESS

Searchers were nearby

As soon as the avalanche occurred, rescuers, guides and climbers rushed to help, and all other climbing was suspended.

- Hundreds of climbers and guides had been at Everest's base camp preparing to climb the 8,850-metre peak next month when weather conditions are best.

Mexico City

Plane crashes in fog killing eight

A private plane crashed in northern Mexico City, Sunday, killing all eight people on board. Civil Protection official Francisco Contreras says the Hawker 800 luxury jet slammed into the roof of a warehouse as it approached the airport in foggy conditions in Saltillo.

It burst into flames, crashed into the ground and broke into pieces that scattered over 400 metres. On board were the two pilots, two married couples, the 10-year-old son of one couple and a woman.

The cause of the crash is not known, but Contreras said the thick fog contributed. THE ASSOCIATED PRESS

Kuala Lumpur

Malaysia Airlines jet lands with burst tire; all safe

A Malaysia Airlines flight heading to India with 166 people aboard made an emergency landing in Kuala Lumpur early Monday after it was forced to turn back when a tire burst upon takeoff, the airline said. They said Flight 192 to Bangalore in southern India landed safely at Kuala Lumpur International Airport at 1:56 a.m. Monday, about four hours after it departed. The airline initially said the right landing gear of the Boeing 737-800 malfunctioned but later said the problem was caused by a burst tire. THE ASSOCIATED PRESS

Vancouver to Edmonton

Air Canada flight passengers warned of measles

Health officials in Edmonton are warning passengers who arrived in the city on a flight from Vancouver this month that they may have been exposed to measles.

The warning further extends to anyone who was in Edmonton International Airport during the hours immediately after the Air Canada plane landed at 9:35 p.m. on April 9. Alberta Health Services issued a news release stating that passengers and crew on Air Canada Flight 248 may have been exposed along with people at the airport.

THE CANADIAN PRESS

Russia blames shootout on Ukrainian nationalists

Eastern Ukraine. At least three dead after men drove up to a checkpoint guarded by pro-Russian insurgents Easter morning and opened fire

Within hours of an Easter morning shootout at a checkpoint manned by pro-Russia insurgents in eastern Ukraine, Russia's Foreign Ministry issued a statement blaming militant Ukrainian nationalists, and Russian state television stations aired pictures of supposed proof of their involvement in the attack that left at least three people dead.

The Ukrainian Security Service, however, said the attack was staged by provocateurs from outside the country. And the presented evidence — particularly a pristine business card said to have been left behind by the attackers — was met with widespread ridicule in Ukraine, where it soon had its own Twitter hashtag.

The armed clash early Sunday near the city of Slovyansk appeared to be the first since an international agreement was reached last week in Geneva to ease tensions in eastern Ukraine, where armed pro-Russia activists have seized government buildings in at least 10 cities.

Ukraine's new leaders and many in the West fear that such clashes could provide a pretext for Russia to seize more Ukrainian territory.

Russia, which annexed the Crimean Peninsula last month, has tens of thousands of troops along its border with Ukraine.

Russian officials, including President Vladimir Putin, originally said the troops were there for military exercises, but Putin's spokesman on Saturday acknowledged that some were there because of instability in eastern Ukraine. THE ASSOCIATED PRESS

A pro-Russia activist sets a Trinity Orthodox icon atop of barricades in Slovyansk, Ukraine, on Saturday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Assad gains propaganda victory

Syria's embattled president marked Easter with a tour Sunday of an ancient Christian village recently recaptured by his forces, an important symbolic prize for his government ahead of coming presidential elections he appears poised to contest.

President Bashar Assad's visit to Maaloula, some 60 kilometres northeast of Damascus, serves as a propaganda victory for his government in its quest to be seen as protector of religious minorities as Syria's civil war grinds on.

Meanwhile, questions continue to swirl about allegations of recent poison gas attacks in the country, with French officials saying Sunday there were indications that Assad's forces were behind them.

Rebels, including fighters from the al-Qaida-affiliated Nusra Front, seized Maaloula several times late last year, most recently in December, but government troops swept through the village on Monday, sending rebel fighters fleeing to nearby hills.

Despite damage to holy sites in the village, Assad told Syrian state television that "Maaloula will remain steadfast in the face of barbarism of all those who are targeting the homeland."

"Nobody, regardless of the extent of their terror, can erase our cultural and human history," the state news agency quoted Assad as saying as he surveyed damage to the Mar Takla Greek Orthodox monastery in the village.

Assad promised to defend Christians — who make up about 10 per cent of Syria's pre-war population of 23 million — and protect churches that he said were part of the country's cultural heritage. Syria's civil war has seen Islamic extremists and radical foreign fighters target Christians and their houses of worship.

Many of Syria's patchwork of minority Christian and Muslim faiths support Assad or have remained neutral, fearing for their fate should hard-line rebel groups seize power. THE ASSOCIATED PRESS

Held hostage in Syria

French journalists freed

Four French journalists held hostage in Syria for 10 months were released over the weekend, the latest batch of reporters to be freed in what has become the world's deadliest conflict for the media.

Edouard Elias, Didier Francois, Nicolas Henin and Pierre Torres are said to be in good health.

Soldiers found the four blindfolded and handcuffed in southeast Sanliurfa province late Friday. It wasn't clear whether a ransom had been paid for their release, nor which group in Syria's chaotic conflict held the men. In his statement, Hollande thanked "all those" who contributed to the journalists' release. THE ASSOCIATED PRESS

Nicolas Henin

Edouard Elias

Pierre Torres

ALL PHOTOS THE ASSOCIATED PRESS

Nigeria's capital. Terrorist group threatens more attacks after bombing

Islamic extremists Saturday claimed responsibility for the massive rush-hour explosion earlier this week that ripped through a busy bus station in Nigeria's capital, Abuja, killing at least 75 people and wounding 141.

"We are in your city, but you don't know where we are," Abubakar Shekau, leader of the Boko Haram terrorist network, says in a new video that threatens more attacks.

"Yes, we are the ones who carried out the attack in Abuja," he says in the video, which was received through the same channels as previous ones.

Shekau makes no mention of the abductions of more than 100 girls and young women from a remote northeastern school hours after the bomb blast, also blamed on his fighters.

Officials say dozens of the girls have managed to escape, but 85 remain unaccounted for. THE ASSOCIATED PRESS

Pakistan

Popular talk show host wounded in shooting

Police in Pakistan say gunmen have shot and wounded Hamid Mir, a famous television talk show host amid a wave of attacks on journalists in the country.

Senior police officer Pir Mohammad Shah says a single gunman first opened fire on Mir's car, followed by others who chased him on motorcycles. Karachi police Chief Shahid Hayat said that Mir suffered three gunshot wounds to the stomach and the upper legs, but was expected to survive.

Last year, authorities found a bomb under Mir's car. THE ASSOCIATED PRESS

Confusion crippled evacuation of sinking ferry: Radio transcript

South Korea.
Anguished families vent rage over handling of crisis

The South Korean ferry that sank was crippled by confusion and indecision well after it began listing, a radio transcript released Sunday showed, suggesting the chaotic situation may have added to a death toll that could eventually exceed 300.

About 30 minutes after the Sewol began tilting, a crew member asked a marine traffic controller whether passengers would be rescued if they abandoned ship off South Korea's southern coast. The crew member posed the question three times in succession.

That followed several statements from the ship that people aboard could not move and another in which someone declared that it was "impossible to broadcast" instructions.

Many people followed the captain's initial order to stay below deck, where it is feared they remain trapped. Fifty-eight bodies have been recovered, and about 240 people are still missing.

The confirmed death toll jumped over the weekend after divers finally found a way inside the sunken vessel and quickly discovered more than a dozen bodies. They had been hampered for days by strong currents, bad weather and low visibility.

Families of the missing are staying on Jindo Island, where information sheets taped to the walls of a gymnasium offered details to help identify any corpses, including gender, height, length of hair and clothing.

Anguished families, fearful they might be left without even their loved ones' bodies, vented rage Sunday over the government's handling of the crisis.

A relative of a passenger who was on the sunken ferry Sewol looks toward the sea at a port in Jindo, south of Seoul, South Korea, Sunday. At least four dozen have been confirmed dead in the disaster. LEE JIN-MAN/THE ASSOCIATED PRESS

About 100 relatives attempted a long protest march to the presidential Blue House in Seoul, about 400 kilometres to the north, saying they wanted to voice their complaints to President Park Geun-hye. They walked for about six hours before police officers blocked a main road.

THE ASSOCIATED PRESS

Hampered rescue efforts

240 people still missing

The ferry sank with 476 people on board, many of them students from the same high school. The cause is not yet known, but prosecutors have said the ship made a sharp turn before it began to list.

More than 170 people survived the sinking of the Sewol. Several crew members, including the captain, have been arrested on suspicion of negligence and abandoning passengers. The captain took more than half an hour to issue an evacuation order, which several passengers have said they never heard. THE ASSOCIATED PRESS

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Loved ones prepare to lay victims of killing spree to rest

Three days, five funerals, a lifetime of heartbreak.

As family and friends of the five students killed in the Brentwood stabbing spree prepare to lay their loved ones to rest, the family of the youngest victim said in a statement Sunday it's a "struggle every day" to understand their son won't be coming home.

Zackariah Rathwell, 21, was the youngest of those killed at a house party turned crime scene last week. He was an aspiring musician and a first-year student at the Alberta College of Art and Design.

"He was an amazing kid who grew into an amazing man," his family said in the statement, issued Sunday. "We didn't have him for very long, but we are so very grateful for the time that we did have him. We are all going to miss him so much."

The statement was the second to come from those closest to the victims of the worst mass murder in Calgary's history, after the families collectively released a notice earlier in the weekend asking for privacy in their time of grief.

Calgary funerals

- **Monday:** Jordan Segura, Kaiti Perras, Josh Hunter
- **Tuesday:** Zackariah Rathwell
- **Wednesday:** Lawrence Hong

The Rathwell family also announced it has now established the Zackariah James Rathwell Trust Fund, and donations can be made at any RBC location.

Loved ones of Kaiti Perras, 22, had already announced a scholarship fund in her honour. Step-cousin Jennifer Laraway said Sunday donations have been coming in, but the exact amount raised was still being determined. Offerings to the Kaiti Perras Love of Dance Scholarship Fund can be made at any TD Branch.

Laraway said the Perras family has also been overwhelmed by the support they've received from the community. One example saw skilled Calgary chef Derek Ralph, who's been chosen to compete in the upcoming season of Food Network's Chopped television show, prepare and deliver platters of food to the family.

"His selfless gesture was more touching than he could have realized as the family is a big fan of the show," Laraway said. "It's those types of gestures, along with the donations, that have made us feel so embraced and supported during our darkest hours."

Police have charged 22-year-old Matthew de Grood, an invited guest to the party and son of a Calgary Police Service inspector, with five counts of first-degree murder.

JEREMY NOLAIS/METRO IN CALGARY

Consumer rights

Silly General Mills, the right to sue is for everyone

General Mills is scrapping a controversial plan to strip consumers of their right to sue the food company.

The company, which owns several brands including Trix and its Silly Rabbit mascot, had posted a notice on its website notifying visitors of a change to its legal terms — visitors using its websites or engaging with it online in a variety of other ways meant they would have to give up their right to sue.

Instead, the new terms said, people would need to have disputes resolved through informal negotiation or arbitration.

The Minnesota-based company's decision was widely denounced on social media after The New York Times wrote a story Wednesday bearing the headline, When 'Liking' A Brand Online Voids the Right to Sue.

THE ASSOCIATED PRESS

Americans in Paris have no amour for love locks

A newlywed couple rest on the Pont des Arts in Paris on Wednesday. A recent fad among travellers of hitching padlocks on bridges and at tourist attractions worldwide to symbolically immortalize their amorous attraction has swept up this reputed City of Love more than most. Now, two American-born women who live in Paris say they've had enough, launching a petition to try to get mostly laissez-faire city officials to step in and do something about what they call an unbearable eyesore in a majestic municipality. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Investing regrets? I've had a few

HOW TO ROLL
Alison Griffiths
metronews.ca

High on the list of life's regrets might be that margarita-inspired vacation tattoo you got with the name of a cabana boy or girl etched within it. Next comes investor regret.

Why didn't I buy Apple (AAPL-Q) five years ago at $135 US? It's around $515 now. And why am I still hanging on to Bombardier at a pitiful $4, 14 years after buying it for $26?

As U.S. market research firm Casey Research puts it so aptly: "The stock market is one giant roller coaster of regret for retail investors. Regret for not getting in, regret for getting in too late, regret for being left holding the bag."

Not even the experts are immune. A survey by venturebeat.com discovered that 46 per cent of angel (or venture-capita) investors rued the investments they made or didn't make in 2013.

Here is my regret list of stocks I should have bought five years ago.

1. Other tech. Sure, if you had bought Apple a decade ago at 12 bucks, your investment would be up a staggering 4,500 plus per cent. Missed that one. But I should also have paid attention to the tech service sector. It includes SanDisk (SNDK-N) and salesforce.com (CRM-NYSE) — both up about 500 per cent.

2. Canadian Pacific (CP-T). I've long owned Canadian National and considered it superior to CP. However, since 2009, CP is up around 300 per cent compared to roughly 170 per cent for CN.

3. Tesla Motors, Inc. (TSLA-N). Between 2010 and early 2013, Tesla was one of those great ideas that never produced a gain for investors at $20 a share. Oh, lordy, how things changed. It is now up nearly 800 per cent. Darn!

4. Rogers Sugar Inc. (RSI-T). It hasn't been on most investors' radar, including mine. But this sweet company has maintained a nice dividend (now 5.7 per cent) all through turbulent times and the stock price is up 60 per cent since the recession.

5. Russel Metals Inc. (RUS-T). I've thought about buying this stock for years — and should have. Though pummelled by the recession and in an industry that seemed to be dying (think Dofasco and Stelco), this steel company has survived with a stock growth of more than 150 per cent in five years. The fat dividend of 5.4 per cent is a nice bonus.

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WHEN BIKE SHARING WON'T WORK

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

There comes a time in the life of previously valued possessions lying around the house when they become less desirable than the empty space they'd leave behind by simply not being there.

There are endless solutions in our stuff-clogged times — yard sale, Kijiji, maybe an appearance on Hoarders — but we prefer to heave it all out to the curb during the first available decent weather and see who carts it away for the low, low price of zero.

A passerby grabs the desktop In–Out tray first. A minivan arrives next, swooping in and grabbing most of the furniture (all of which we originally picked up when somebody else had left them out — circle of junk).

Within an hour, all that remains is the bulky old CRT computer monitor, alone and unwanted, a relic from the bygone days of "Dude, you're getting a Dell!"

Free, it seems, isn't good enough in this case. The household marketing department gets on the job, scribbles up a suitably enticing sign and affixes it to the old clunker with Scotch Tape: "Old, huge, works perfectly."

Within another hour, it's gone too.

Here's hoping CycleHop, the Miami-based company that has snapped up the Bixi bike-sharing network during the NCC's spring cleaning, has even more fiendishly brilliant schemes for getting bums on the seats this summer.

So far, bike-sharing in Ottawa seems to be a popular idea, but primarily among non-users. Ottawa and Gatineau's municipal governments have all kinds of good things to say about the program, but declined to chip in any money for it. Despite increased ridership, the NCC lost $76,000 running it last year, and was looking to unload the fleet on another operator even before Bixi's parent company, Montreal's Public Bike System Co., filed for bankruptcy protection in January.

The season will start late this year, but CycleHop is already talking about doubling the scale of the 25-station, 250-bike network within a couple of years. Not coincidentally, that would bring things up to what a 2009 feasibility study by the NCC found was the minimum viable starting size for the network.

So far, it's been a circular problem: There aren't enough bikes and stations to make the system sufficiently attractive, so there aren't enough users to justify more bikes and stations. There's nowhere to pick up or drop off a bike west of the War Museum or south of Dow's Lake.

CycleHop wants to get more commuter business, and Ottawa seems as good a place as any to try.

According to the 2011 National Household Survey, 2.2 per cent of Ottawa residents bike to work, which may not sound terribly impressive on the face of it, but the national average is 1.3 per cent. Breaking two per cent ties us with Kingston for the third-highest rate of pedal-powered commuting in the country. (Victoria, B.C., comes in first at 5.9 per cent — in a lot less snow.)

Ottawa boasts hundreds of kilometres of cycling paths and last year won the only gold rating for bike-friendliness in Ontario from the Share the Road Cycling Coalition. OC Transpo has bike racks on over half their fleet. If bike-sharing won't work here, where will it?

ZOOM

Picture playtime across the world

GABRIELE GALIMBERTI/INSTITUTE

World tour of our children's toys

Playtime is often a private matter, but one photographer has managed to enter and reveal the world of children's toys. Gabriele Galimberti, 36, spent over two years visiting 58 countries to photograph kids with their most prized possessions. His photos are featured in his new book Toy Stories. **THE ASSOCIATED PRESS**

Q and A

Similarities and differences

GABRIELE GALIMBERTI
Photographer, 36, from Arezzo, Italy

Did you discover anything new during the project?
I learned that the poorer the country, the less possessive the children were of their toys. It was easier to work with them and gain their trust. But, overall, I don't want to preach a lesson from my trips. My photographic series is simply about highlighting differences and similarities around our world.

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MetroTube

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Safety irony

ANDREW FIFIELD
metronews.ca

Following last week's lesson in train safety from a selfie-taking fellow and an engineer's passing boot, we now have Connecticut Sen. Richard Blumenthal narrowly avoiding serious trouble while casually ignoring safety priorities as stated by a local mayor inches away.

Politicians certainly enjoy images of themselves riding public transit to polish populist credentials. But sitting comfortably on the subway surrounded by aide-enforced personal space doesn't quite reflect the average commute. Much like deciding to place your flimsy easel entirely within the yellow line doesn't suggest much previous experience with travel by rail.

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See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Watch Director X's groundbreaking video for Can't Deny It.

Ebooks

Creativity, Inc.

By. Ed Catmull & Amy Wallace

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

How Pixar learned from its private mishaps to earn a reputation for perfection is a fascinating journey recounted here by co-founder Ed Catmull. He puts you into their discussions and it's thrilling. An added section shares valuable lessons such as, "It's not the manager's job to prevent risks, it's the manager's job to make it safe for others to take them."

Literature

Author Alistair MacLeod dies at 77

Alistair MacLeod, the Prairie-born author who won one of the most lucrative literary prizes for his only novel, No Great Mischief, has died. MacLeod, known for his short stories, moved with his family to Cape Breton at age 10. It was there the images and themes that informed his work took hold. MacLeod had been in a Windsor, Ont., hospital since suffering a stroke in January. THE CANADIAN PRESS

Can't Deny It — hip hop Director X hits the mark

Video maker. Learning to merge passion with the practical leads to influential style

RICHARD CROUSE
scene@metronews.ca

Music video maker Julien Christian Lutz is better known as Director X.

"I got Julien from my mom and dad," he writes on his website. X, he says, came from the streets.

One writer, however, suggests that the unusual name could stand for "Director X-tremely Good At Directing."

The in-demand Canadian-born helmer has worked with everyone from Jay-Z and Nicki Minaj to Rihanna and Drake. The key to his success, he says, is leading "an artist's life. You have to be as open as you can be to everything.

"You need to keep yourself inspired so you have to do whatever it is going to take to jog your creative brain, whether that be going to an art gallery or whatever."

Today, whether it is a music video or a commercial shoot—he's shot ads for Nintendo, Guinness and Burger King among many others — he's learned to listen to the customer.

Music video maker Director X's strong visual sense is his trademark. GETTY IMAGES

"Some people have the idea that the client is always wrong, and if they weren't here everything would be better, but I have come to find that the client has an instinct."

But he didn't always feel that way.

"You know everything when you're in your 20s, so you're passionate about how much you know and passionate about how wrong they are. It's definitely something that has to be learned. It would have been interesting if someone had come to me and explained that ahead of time, but I had to learn it like I had to learn it."

The busy filmmaker has gleaned many lessons along the way, but his life and work boil down to one simple statement: "I'm here to make art and express it."

An artist's life

"You have to be as open as you can be to everything."
Director X

Picture-in-a-picture look

His strong visual sense — he uses graphics and letterboxing in tricky and interesting ways — is his trademark, but X says his most influential video came about "from a bad edit the client didn't like. So I had to go in there and come up with something new."

- **To keep the people paying the bills happy he devised a picture-in-picture look for the Fabolous featuring Nate Dogg video Can't Deny It.**
- **"It was really kind of cool and got taken on by hip hop in general," he says.**
- **"It shook up the norm of what was happening in the genre. It became it's own thing. After that everyone did it. That was a really good moment where the ripples were felt from a piece of my work. I loved it. Imitation is the sincerest form of flattery. People inside the game know where it comes from so any time someone copies you it flows back to you."**

Rewrapped snacks crackle, pop judge's head

Judge Marc Summers poses on the set of Rewrapped. FOOD NETWORK

Consider the simple but beloved chocolate chip cookie. Now imagine that cookie encrusting a brioche roll tucked around a turkey meatball.

Or turn your thoughts to a mass-produced cherry pie transformed into an egg roll with dipping sauce. Or the prospect of potato chip soup.

Such is the culinary fallout from Rewrapped, a new Food Network series that builds on the tradition of Unwrapped, a channel staple that also airs on the Cooking Channel.

Unwrapped, now in reruns, pulls the veil back on how peanut butter, snack cakes, marshmallows and other such items are commercially produced.

Rewrapped, hosted by Joey Fatone, is a competition in which chefs recreate a brand product and then use it in original, sometimes mind-boggling, recipes.

The desire to "repurpose" footage from Unwrapped led to the new series, according to Unwrapped host Marc Summers, who leads Rewrapped's three-judge panel.

On Rewrapped, clips of food production lead into the contest in which three chefs try to match the product's commercial taste and appearance.

There can be unexpected challenges, like the smile on Pepperidge Farm's tiny Goldfish crackers. Chefs deftly employed such tools as coat hangers and foil to fashion the grin, Summers said.

Points are awarded and carried into round two, which turns up the creative heat with recipes that can be sweet or savoury. They also can give a judge pause.

"The chefs put these things in front of you and you think, 'Oh, this is not going to be good,'" Summers said. But when he sampled the cookie-meatball-brioche mash-up, he recalled, "Oh, my God, my head exploded. It was fantastic."
THE ASSOCIATED PRESS

Premiere

Rewrapped begins Friday, April 25, at 10:30 p.m. ET/PT on Food Network Canada.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber ALL PHOTOS: GETTY IMAGES

White House dashes dreams of anti-Bieber camp

Bad news for all the folks looking to get Justin Bieber booted from the U.S. While the petition started in January asking the White House to deport the scandal-plagued singer earned an impressive 270,000 signatures, the effort was for naught. "Sorry to disappoint, but we won't be commenting on this one," a statement from the White House reads. "To avoid the appearance of improper influence, the White House may decline to address certain procurement, law enforcement, adjudicatory or similar matters properly within the jurisdiction of federal departments or agencies, federal courts or state and local government in its response to a petition." The initial petition stated that the signers "would like to see the dangerous, reckless, destructive and drug-abusing Justin Bieber deported and his green card revoked. He is not only threatening the safety of our people but he is a terrible influence on our nation's youth."

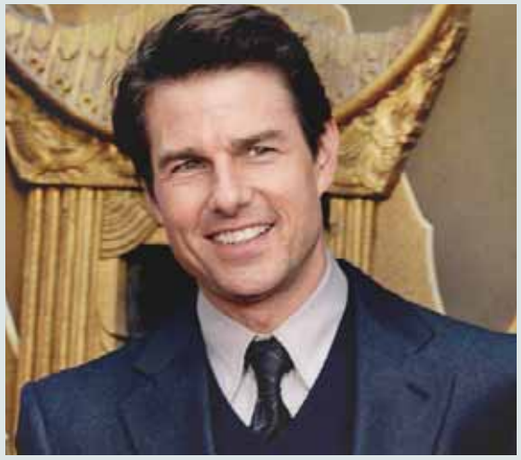
Stone shares threesome secrets with Vergara

Sofia Vergara was more than a little daunted by one scene in her new film, Fading Gigolo, that called for her to engage in a threesome with Sharon Stone and co-star and director John Turturro.

"At the beginning, I was a little nervous because I've never done anything like this, not in real life or on camera, so it was a little nerve-racking," she tells CBS News. "When I arrived on set, Sharon was very supportive. She was very nice. She told me, 'Just follow me, I've done this many times, it's going to be fine, just relax.'"

Sofia Vergara

The Word



Is Tom cruisin' with Laura?

MELINDA TAUB
Metro World News

Has Tom Cruise finally found happiness by dating within his own faith?

Mission: Impossible star Cruise is said to be dating Laura Prepon, star of Orange is the New Black. Unlike his ex-wives, Prepon is also a Scientologist. According to Page Six, the set of OITNB is abuzz with the news that the two are courting.

Grazia reported last fall that Cruise had picked Prepon up in a vintage car for a romantic dinner at the Manor Hotel. At the time, Cruise's publicist said it wasn't true, but according to Page Six, the pair have continued dating quietly while trying to keep the relationship out of the press.

Call me a foolish romantic, but I find it genuinely touching that Tom Cruise would try to keep his relationship with a woman out of the press. Maybe he's found true love at last. Just imagine the romance that they could have. Long midnight audits, evenings on the Scientology yacht, double dates with David and Shelly Miscavige, wherever she is…

However, Cruise's rep continues to deny the relationship.

"They see each other at some functions, but they are not dating," a source told Us Weekly.

Whoopi Goldberg

Whoopi is high on her new friendship with 'Sippy'

Oscar-winning actress, comedienne and talk-show host Whoopi Goldberg sang the praises of marijuana inhaled through a pocket vaporizer as she made her debut as an online pot columnist.

"The vape pen has changed my life. No, I'm not exaggerating. In fact, her name is Sippy." wrote Goldberg, 58, about her pocket vaporizer on The Cannabist, a pot-friendly website run by the Denver Post newspaper in Colorado.

The Rocky Mountain state was the second in the U.S., after Washington in the Pacific Northwest, to legalize marijuana for recreational use.

But Goldberg opted to focus on how pot, inhaled through Sippy, has helped her cope with massive headaches induced by glaucoma, an eye disorder that affects more than three million Americans and can potentially lead to blindness. "It helps my head stop hurting, and with glaucoma your eyes ache, and she takes the ache out. It's wonderful," she said.

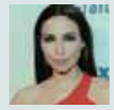
"The high is different, too. It feels like a gentle, warm breeze at the beach. It's like someone undoing a vise grip, very slowly."

AFP

Twitter

@Joan_Rivers
This year was tough. I lost my sister, my dog and my house. I lost more than Bernie Madoff, except everything was mine.

@tyrabanks
So U know when U are trying to tweet something but can't get it under 140 characters so U type & erase & type & erase but get annoyed & give



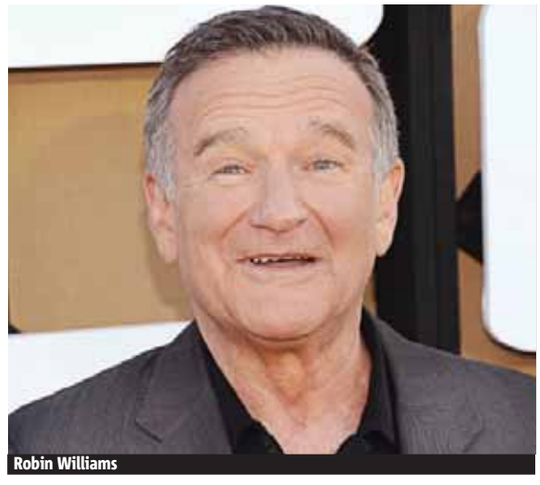
@WhitneyCummings
The internet is the new Playboy. everyone pretends we just read it for the articles

Robin Williams ready to don Doubtfire drag again

Finally, Hollywood is making your dreams come true. No, nerds, they're not bringing back Firefly — they're finally making that Mrs. Doubtfire sequel you've been clamouring for all these years, according to Variety.

What? You haven't been clamouring for that? Well, you're getting it anyway. The original film, which starred Robin Williams as a manipulative sociopath who lied compulsively to his children and ex-wife and tried to poison her new boyfriend, was for some reason marketed as a family comedy instead of the creepy thriller it obviously was.

And it's hard to see how the sequel's team will find an excuse to get Robin Williams back in drag. In the original film he donned his middle-aged Scottish lady persona to spend time with his kids, but since it came out in 1993, his kids would presumably be well past the age when they'd need a nanny. The youngest was played by Mara Wilson, who is now a 26-year-old writer and semi-retired from acting. Maybe Williams will don the wig to spend time with his grandkids.



Robin Williams

Make this Buy Nothing Monday

End entitlement. Few of us spoiled Canadians can distinguish wants from true needs

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Hold up! Do you really need that massive flat screen TV? ISTOCK

When I ask people why they buy stuff, they tell me it's because they need it, whatever 'it' is. That's hardly ever true. Folks don't *need* most of the stuff they buy. They want it.

It's very easy to confuse needs with wants. You work hard and deserve nice things, right? Whether you're thinking about buying a big-ticket item (We need a vacation) or smaller, impulse purchases (I need a super-duper latte), your sense of entitlement can muddy the waters when it comes to what you want and what you really need.

I did a workshop last fall and my daughter Alex was along to help. A middle-aged woman couldn't get her budget to balance and Alex pointed to her $200 a month cigarette habit. The woman said it was a need. Alex shook her head. "A need is something you must have to stay alive," she said. Seriously, if you can't balance your budget, what are you doing feeding your vices? People who are raised in a First World country like Canada may have a sense of entitlement simply because they have no idea how lucky they are. If you've never been hungry, never wondered where you would sleep, never had to go without shoes, then your sense of what is your due by rights may be askew.

If every winter your family went on vacation to a warmer clime, if every summer you went to camp, if each fall you started the new school year with a fresh wardrobe, why would you think you were entitled to any less as an adult?

This is a particular problem for people who were brought up in homes where they benefitted from a higher income than they currently enjoy. Even if you haven't got the income to support it, you have no idea why you can't have everything you want when you want it. That's entitlement!

People who watch a lot of TV, read flashy magazines and walk the malls have a sense of entitlement because they believe that everyone else has one, so they can have one, too.

But here's the rub: A lot of those people are going into debt to have the lifestyle you crave, so what you're craving isn't real. It's smoke and mirrors. Playing the keeping-up-with-the-Joneses game is stupid at the best of times, but it's suicidal if you're doing it on credit.

If watching all that house porn is making you think you're perfectly lovely home needs to be renovated, turn off the TV. You won't die without granite countertops and a stainless steel fridge. And if hanging out with friends who are always going shopping is busting your budget, you're going to have to find some new friends if you're determined to live a real life.

If you don't believe me when I say that the culture is influencing our sense of entitlement, just look at the sizes of the houses we're living in now, compared to 50 or 60 years ago. Back then people were having more kids, but living in houses far smaller than we're willing to settle for today. Unfortunately, as our expectations have gone up, our ability to pay for them has been seriously challenged. While we like to castigate the younger generation for their rampant sense of entitlement, it's not just a problem of youth and immaturity. Because we live in a society where public education is primarily free, we believe our children are so entitled to an education that they, and we, have to do very little for it. We feel entitled to a level of medical care for which we have very little appreciation. If we had to pay for our care, we might take our own health more seriously. So it's not just our young 'uns who feel entitled.

Have we become so addicted to having (instead of being) that we are no longer able to distinguish between needs and wants? Is acquisition of more stuff our new life's blood?

Here's a challenge. It's based on the concept of "buy nothing day," but is much more practical, personal and pointed. Pick one day of the week on which you will buy nothing. It doesn't really matter which day it is. Just pick a day and commit to buying nothing on that day. Buy Nothing Monday should be dead easy. Buy Nothing Saturday is for those who are more committed to testing themselves.

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METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Unexpected tax bills, and getting a break for helping with housing

Q I worked two jobs last year and now I owe money. I don't have the money to pay it. What should I do?

A Unexpected tax bills are never a good thing. Employers only withhold tax based on what you earn with them – not income earned somewhere else. File your return by April 30 without the payment to avoid the 5% late-filing penalty and you will only have to worry about interest charges. Then contact the CRA and ask if you can arrange a payment schedule. The agency may agree to one if you have tried all other reasonable ways to get the funds including getting a loan. But they will require full disclosure of income, living expenses, assets and liabilities. It is always better to contact the CRA first rather than waiting to hear from them.

Q I rent rooms to youth who need help so there is no profit. Do I need to report this income?

A Fortunately, your good deed does not attract extra tax. If you are charging less than Fair Market Value for the rooms, you do not have to report the income on your tax return. However, you cannot claim any rental expenses since you would not have rental income to claim it against.

Visit *hrblock.ca* for a location near you

Money 101. Two couples, one year to make them richer

Well on the way to debt-free goals

I am working to improve the finances of two Canadian couples in 2014. Together, we are creating a plan for each to make serious progress on handling their finances and achieve their respective goals of becoming debt-free and owning a home. Follow along to take a peek inside their bank accounts. – Lesley-Anne Scorgie/For Metro

Anne-Marie and Peter inch closer to the birth of their first child. SHUTTERSTOCK

Carolina and Jose have set out on a journey to buy their first home. SHUTTERSTOCK

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

I had the pleasure of sitting down with Anne-Marie and Peter in late March. The couple shared their joy and excitement with me as they inch closer to the birth of their first child.

Over the month, they have steadily reduced their debt while proactively planning for the reduction in Anne-Marie's income once she is on maternity leave.

We discussed the importance of having a will that clearly indicates their custody and childcare preferences, and what should happen to their liabilities and assets in the event of disease or death.

Though no one likes to think about these horrible life catastrophes, it's irresponsible not to. The alternative is to have the courts dictate what happens to your children, possessions and liabilities.

On a more exciting note, after seven years with the same company, Peter is considering the possibility of a new, higher-paying and a job closer to home. He currently commutes a total of three hours per day, and knows working in the city would result in at least a 15 per cent pay hike and a shorter commute.

Anne-Marie and Peter also presented me with their detailed RRSP statements so we could review their investments. Currently, they are invested in a low-risk preferred share mutual fund that was established in 2013 and has limited performance history. This month, I will be showing the couple how to adequately research their investment selections and develop specific questions to ask their banker prior to making any changes to their portfolios.

Homework

The couple filed their taxes. Together, they received a return of $2,065. Anne-Marie and Peter decided to split up their return as follows:

- Debt repayment: $865
- Tax-free savings account to start an emergency fund: $500 (they will continue to contribute $100 each month after)
- Make a will: $500
- Treat themselves to something fun: $200

Anne-Marie and Peter's homework for next month is to find a lawyer and establish a will. They will learn to research investments. Peter is also looking for some freelance work.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: Expecting their first child in June
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings accounts for emergency funds and file taxes

Carolina and Jose

This past month has been an emotional and financial roller-coaster for Carolina and Jose.

You will recall their big news from last month — Jose's parents offered to provide the couple with a down payment to finally buy a home.

Carolina and Jose set out on the first-time homebuyers' journey with a trusted realtor and mortgage broker by their side. With their down payment, the value of home they can afford is approximately $250,000; in Calgary, that places them in the suburban townhouse market.

They have started house hunting and two shocking issues have emerged.

First, what they can afford to buy isn't nearly as nice as Carolina had hoped, so I have been exploring affordable ways the couple could spruce up their future home while ultimately adding value to the property, including paint, fixtures, flooring, cabinet knobs and more.

The second shock is the townhome market is hot. Two weeks ago they put an offer on a place, but a competing higher offer quickly bumped them out of the competition.

Unfortunately, the joys of first-time homebuying have been somewhat overshadowed by Carolina and Jose's financial constraints. But they are committed to their search for a great home and know they will find one soon.

Transitioning to a positive note, the couple continues to operate on the monthly budget they established in January.

As planned, they are now out of the red and have money left over after each paycheque to put towards their savings. Armed with detailed financials on what their eventual mortgage will look like, they have proactively prepared a mock budget for when they ultimately become homeowners.

Jose also continues to explore job opportunities, including staying with his employer, but securing a significant raise.

This month, the couple will focus on continuing their search for a home, file their taxes through a local tax professional, and create a plan for their expected tax return.

Homework

Caroline and Jose will house hunt, file taxes and plan for their expected tax return.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES THIS MONTH.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house
- Homework from last month: File taxes and look for a home

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Take a chance on a career that could

Startup your engines. How to get noticed by a business that could soon go boom

ANDREA PARK
Metro World News

Everybody wants to be the next Mark Zuckerberg, and young job seekers are skipping big box corporations in lieu of hip, successful startups. Uncubed, produced by Wakefield Media, aims to streamline that process and make it fun.

The company just launched a job search function on its site and holds fun events to connect job seekers with the startup world's hottest companies, like Mashable, BuzzFeed and Seamless. Don't call it a career fair, though: These casual events feature puppies, dunk tanks and cold beers.

We talked to Wakefield co-founder Tarek Pertew and asked him for his top five tips on landing your dream job at a startup.

They may not need you at this very moment, but if you make sure you're remembered fondly, a future with the company is quite possible. ISTOCK

Do your homework

Want to make a good first impression? Then do your research so you know how to talk shop. "Make sure you know what they're hiring for and what they're working on so when you approach them, you're fully equipped with that information," says Pertew. Pertew says there's one question that turns him off pretty quickly as an employer: "'What does Wakefield do?' That's a red flag," he says. "You should do your homework if you're serious about working at a company."

Think outside the box

It's hard to stand out on a day when employers are meeting masses of jobseekers, but turning something into a conversation piece can make all the difference. "It can even be a business card — yours might have something a little different that extends the conversation or engages," says Pertew. "It's the same with a resumé. If you have something different, it's a superficial way of separating yourself from the crowd." Of course, you'll have to match style with substance. Pertew says the most important thing is to do your research on companies and show that you can fit in with their work culture.

No openings? Try anyway

Never skip out on meeting someone from your dream company just because they haven't posted openings. If you really impress an employer, they may just create a job for you.

"One thing we hear a lot is, 'I really like this person and we're going to see if we can find an opportunity for him or her,'" says Pertew. "It goes back to culture. They met a guy they really loved, so they're going to see where they can fit him."

Be patient

Your dream employer may not be in a position to offer you a job now, but they may be able to fit you in somewhere down the line.

- "Patience is absolutely a virtue," says Pertew. "A number of companies might say, 'You're cool, analytical and bright — we might have a position for you in a year.' Keep networking and keep showing up. Develop a skill set they need." Pertew says it's never a bad idea to spend a couple of years developing a specialized skill (he used user experience design as an example) in order to have a more appealing resumé. "It's that sacrifice you make early on that will make a positive impact on the remainder of your life," he says.

Pitch ideas

Don't give unsolicited criticism, but offer up some cool ideas to your favourite companies.

"One of my favourite things is when someone gives us a laundry list of ideas they think we can use," says Pertew. "It gives you something to talk about during an interview, also." Listing good ideas helps you express enthusiasm for the company and also shows potential employers your creative and critical thinking skills.

Just be careful how you word things: "The best way is maybe saying, 'You probably already thought of this, but have you ever thought of doing this?'" Pertew says even if the company has already thought of the idea, you're validating it, and if they haven't, you just may impress them with what you have to say.

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Falafel with Tahini Lemon Dressing: Fresh spring tastes stuffed into a pita

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Middle Eastern cuisine is known for its falafels — chickpea-based deep-fried balls served with tahini sauce.

They have become a North American favourite in restaurants, food kiosks, fast food spots and food trucks.

My version is baked, cutting the calories in half and removing most of the fat from the oil used in deep frying. The flavour is enhanced with my light lemony and creamy tahini dressing. Load up your pita with loads of lettuce, tomatoes and onions and you have a nutritious vegetarian meal.

If you want a great appetizer, try doubling the falafels by making them smaller. Serve them in mini pitas.

You'll have a few tablespoons of leftover dressing; store it in the refrigerator and use it as a salad dressing or sauce over chicken or fish.

Tahini is similar to any nut butter made from puréed sesame seeds. It has a very strong flavour, so be sure not to use more than required. The sauce is also wonderful cooked over vegetables or a veggie or chicken burger. You will find it in the ethnic section of your supermarket. But if you can't, you can always substitute another nut butter if desired.

Ingredients

Falafels
- One 19 oz can chickpeas, drained and rinsed
- 1/4 cup chopped green onion
- 1/4 cup chopped fresh cilantro or parsley
- 1/4 cup unseasoned dry bread crumbs
- 2 tbsp tahini (sesame seed paste)
- 1 tbsp fresh lemon juice
- 1 1/2 tsp minced fresh garlic
- 1/4 tsp baking powder
- 1/4 tsp ground cumin
- 1 egg
- Pinch of ground black pepper
- 2/3 cup Tahini Lemon dressing

Tahini-Lemon Dressing
- 1/3 cup low-sodium chicken or vegetable stock
- 1/3 cup reduced-fat ricotta cheese
- 2 tbsp tahini (sesame seed paste)
- 2 tbsp reduced-fat mayo
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tbsp low-sodium soy sauce
- 1 tsp minced fresh garlic
- 1/2 cup chopped fresh cilantro or parsley

- 4 large pitas, sliced in half
- 8 tomato slices and 4 chopped romaine lettuce leaves
- 1/2 cup diced sweet onion

This recipe serves eight. ROSE REISMAN

Directions

1. Falafels: Preheat oven to 400 F. Spray a baking sheet with cooking oil.

2. Combine chickpeas, onion, cilantro, bread crumbs, tahini, lemon juice, garlic, baking powder, cumin, egg and pepper in a food processor. Pulse on and off until well mixed. Form into 16 balls (about 2 tbsp each). Flatten slightly and place on the prepared baking sheet.

FLASH FOOD

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3. Bake in the centre of the oven, turning once, for 15 to 20 minutes or until golden.

4. Meanwhile, combine Tahini-Lemon Dressing ingredients in food processor and purée until smooth.

5. Meanwhile, wrap pitas in foil and heat in oven for 5 minutes. Place two falafels in pocket of each pita half. Drizzle about 2 tbsp of dressing over each. Tuck tomato slices and lettuce inside each pita and sprinkle with onions. THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Nutritional information

Per serving (1/2 pita with two falafels and 1 tbsp dressing)

- **Calories.** 268
- **Carbohydrates.** 33.1
- **Fibre.** 4.2 g
- **Protein.** 8.7 g
- **Total fat.** 10.1 g
- **Saturated fat.** 1.7 g
- **Cholesterol.** 30 mg
- **Sodium.** 433 mg

This Roasted Green Beans with Dried Apricots and Pecans recipe serves four. ROSE REISMAN

Turn your plate green

Green beans are a staple in most homes because they're so affordable and versatile.

But instead of just steaming them, roasting gives a richer flavour.

Green beans are jam-packed with nutrients including vitamins A, B complex, C, and K; and minerals iron, magnesium, manganese and potassium. They are also a great source of dietary fibre.

Feel free to substitute with asparagus or broccoli florets, baking just until tender.

Substitute other dried fruits — such as dried cranberries, raisins or dates — for the apricots,

1. Preheat the oven to 400 F. Line a baking sheet with foil and spray with vegetable oil. Place the green beans on the sheet and bake for 10 minutes or just until tender.

2. Add the olive oil, garlic, ginger, apricots, pecans and orange zest. Toss well and serve. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb green beans, trimmed and cut in half
- 2 tsp olive oil
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/4 cup finely chopped dried apricots
- 3 tbsp toasted chopped pecans
- 1 tsp orange zest

Bruins captain Zdeno Chara and Red Wings defenceman Brendan Smith tussle during Game 2 in Boston on Sunday. JARED WICKERHAM/GETTY IMAGES

Bruins keep Wings at bay to even series

NHL. Power play helps Boston uncork offence in series-tying win over Detroit

Two power-play goals and stingy penalty killing ended the Boston Bruins' offensive drought and tied their playoff series.

Reilly Smith and Zdeno Chara scored with a man advantage, the Detroit Red Wings got just one shot on goal on their four power plays and Boston won 4-1 in Game 2 on Sunday.

"We don't get too many power plays so it was good to be able to get them and be able to capitalize early," Smith said.

He scored his first career playoff goal 10:35 into the game, just over three minutes after Justin Florek's fluke goal gave the Bruins a 1-0 lead on their first shot at 7:28.

They finished the first period with 18 shots on goalie Jimmy Howard after managing just 25 in losing Friday night's opener 1-0.

Game 3 is set for Detroit on Tuesday night.

"You never want to lose Game 1," said Florek, a rookie who had just one goal in four regular-season games. "I think we played with a little chip on our shoulder."

THE ASSOCIATED PRESS

Game 2

Bruins	Red Wings
4	1

Flyers vs. Rangers

Luke Schenn scored the go-ahead goal in the second period, and backup Ray Emery made 31 saves for the Philadelphia Flyers, who rallied to beat the New York Rangers 4-2 on Sunday to even the first-round playoff series.

- The Flyers snapped a nine-game losing streak at Madison Square Garden and send the series to Philadelphia tied at 1.

MLB

Murphy clears Tribe from sweep

David Murphy hit a three-run double in the sixth inning and John Axford worked out of a bases-loaded jam in the ninth, lifting the Cleveland Indians to a 6-4 win over the Toronto Blue Jays on Sunday to avoid a series sweep.

Cleveland entered the sixth trailing 4-2, but reliever Aaron Loup (1-1) walked the bases loaded before Murphy delivered a line drive past third base that kicked off the stands and caromed into shallow left field, allowing all three runners to score.

THE ASSOCIATED PRESS

NBA playoffs

ESPN blamed for shot clock flub

The day after the Toronto Raptors were mocked for a much-maligned shot clock malfunction, a team official confirmed that an ESPN technician plugged into the same power source for the shot clocks, frying the power system.

THE CANADIAN PRESS

Scan this image with your Metro News app to see a photo gallery of the Raptors' playoff-opening loss to Brooklyn. THE CANADIAN PRESS

Bobcats succumb to pair of Heat runs

Each of the last two Miami championship runs has been highlighted by moments where a sharpshooter enters a game and immediately provides a surprise spark.

James Jones got his turn Sunday. And the lift he brought, combined with the expected playoff showings from LeBron James and Dwyane Wade, have the Heat off and running in these playoffs.

James scored 27 points, Wade added 23 and the Heat rode two big runs — one late in the first half, the other down the stretch — to beat the Charlotte Bobcats 99-88 in Game 1 of their Eastern Conference first-round series. Miami trailed for much of the first half, but rallied and has now topped Charlotte 17 straight times.

"We were flat to start," Heat coach Erik Spoelstra said. "I think our guys were just anxious."

Game 2 of the best-of-seven series is Wednesday. Al Jefferson will be getting plenty of treatment until then.

Kemba Walker scored 20 points for the Bobcats, who started fast behind Jefferson — who was diagnosed with a strained left plantar fascia after a misstep in the first quarter, and got a pair of injections just to continue playing.

"We did some really good things today," Walker said. "We just have to keep executing throughout the game. We can't get rattled."

Jefferson still finished with 18 points and 10 rebounds - yet in what can't be a real exciting sign for Charlotte, he left the arena in a walking boot.

THE ASSOCIATED PRESS

Bobcats forward Gerald Henderson defends LeBron James during Game 1 of their first-round series on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Major planets are at odds as the new week begins and you too will find it hard to get along with certain people. The important thing is that you don't take any of it too seriously because it will pass.

♉ Taurus
April 21 - May 21
You will encounter more than one person today who you can't stand. The best way of dealing with such people is to pretend they don't exist.

♊ Gemini
May 22 - June 21
The way you treat people now will determine how people treat you later on, so resist the urge to say or do anything that might turn them against you.

♋ Cancer
June 22 - July 23
If you don't like what is going on around you, turn your back and walk away. Others may complain that you are abandoning responsibilities but your biggest responsibility is, was and always will be to your own peace of mind.

♌ Leo
July 24 - Aug. 23
As Uranus, planet of changes, squares up to Pluto, planet of power, over the next 24 hours you will understand why it is wrong to try to force people to do things against their will, even in a good cause.

♍ Virgo
Aug. 24 - Sept. 23
There is a chance you will fall out with someone in a position of authority today, and it could be messy. If it's not possible to stay out of their way promise, yourself that you won't react when they say something stupid.

♎ Libra
Sept. 24 - Oct. 23
Today you will wade in where angels fear to tread and put the world right. Or maybe you'll make it even worse than before — but you will make an impression.

♏ Scorpio
Oct. 24 - Nov. 22
You won't hesitate to hit back if someone does you wrong today but the problem is you may hit back at the wrong person. Think before you act and, if you do make a mistake, apologize profusely.

♐ Sagittarius
Nov. 23 - Dec. 21
You are entitled to your opinions but you're not entitled to expect that others will agree. So long as you're OK with that, nothing much will go wrong. But if you can't accept alternative viewpoints, it could be a difficult day.

♑ Capricorn
Dec. 22 - Jan. 20
If you've learned anything in recent months, it must be that throwing tantrums rarely, if ever, changes anything for the better. The best way to resolve differences is to charm.

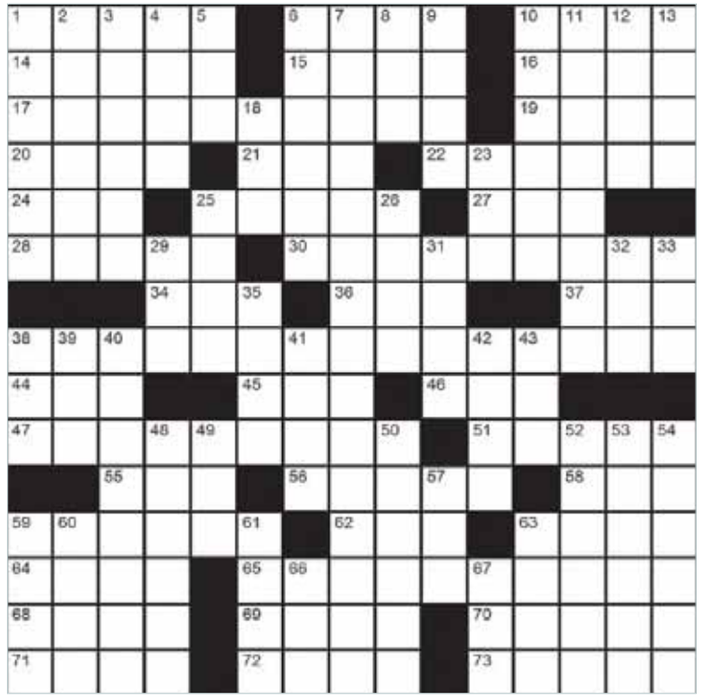
♒ Aquarius
Jan. 21 - Feb. 19
You may not be in the mood to make allowances for those who think and act more slowly than you but the planets warn you don't have a choice. Under no circumstances clash with authority figures.

♓ Pisces
Feb. 20 - March 20
Decide what you want to do today then do it. You'll get a dirty looks from those who disagree with your aims but there's nothing they can do to stop you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

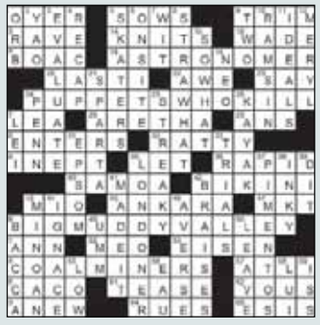
BY KELLY ANN BUCHANAN



Across
1. __ paper
6. Particular
10. German composer of the cantata "Carmina Burana": Carl __ (b.1895 - d.1982)
14. That locale
15. Used a loom
16. 1722 Daniel Defoe book, __ Flanders
17. The Band song: 3 wds.
19. Biblical birthright seller
20. Mr. Onassis, et al.
21. Rock producer Brian
22. Album for Canadian musician Sam Roberts: 'We Were Born in __'
24. "__ Hot" by Alanis
25. Manfred __ Earth Band
27. An elver is a young what?
28. Bother
30. Lululemon __ (Canadian yoga-wear company)
34. Former
36. Quebec 'yes'
37. Dorval denial
38. Canuck working woofer: 2 wds.
44. "Pulp Fiction" (1994) name
45. Ruckus
46. Farm sound
47. Montreal's man-made island: Ile __-__
51. Condescend
55. "I'm afraid!"
56. Slays
58. Philosopher, __-tzu
59. Pupil coverer
62. Scot's 'no'
63. Social __
64. __ meridiem = a.m.
65. Manitoba: __ Provincial Park
68. Bulk-carrying barge
69. "__, __ is me!" (Alas!)
70. Wedding ceremony 'lane'
71. Barn birds
72. Eva Green's role in "Casino Royale" (2006), Vesper __
73. Go in

Down
1. Layers combed for fossils
2. River Styx ferryman
3. Area
4. Fortifies
5. __ coat
6. "All __ Do" by Sheryl Crow
7. What the 'TD' of TD Canada Trust stands for
8. Ms. Longoria
9. Huge, hip-style
10. Folded-over frying pan serving
11. Village in central Alberta
12. Falsehood
13. Fireplace part
18. "Oh, give __ __ home where the buffalo roam..."
23. Charge
25. Coldplay album: '__ Xyloto'
26. Synagogue
29. "Yeow!", in a comic book
31. Mr. Neeson
32. Dove's sound
33. Director Mr. Lee
35. Couplet
38. Convent person
39. Mr. Philips of stand-up
40. __ Lakes National Park, in southwestern Alberta
41. Fargo, _. __.
42. Positive gestures
43. Jane or John
48. Keeps fresh, as wedding vows
49. Supplement
50. Jubilant
52. Most unwell
53. Charles de __ Airport, in France
54. More knightly
57. Kathie __ Gifford
59. Fives and Tens
60. Enough, for some
61. Missing from service, commonly
63. Goatee's site
66. Major travel rte.
67. Freelancer's encl. to an editor

Thursday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	2	5		8			7
	8	7						3
1			4					
9	2				1			
	1	3				2	4	
			2				3	6
					9			4
6						3	5	
4			6		2	8	9	

Thursday's Sudoku

4	5	2	3	8	7	9	1	6
7	1	3	6	5	9	2	4	8
8	6	9	4	2	1	5	3	7
3	4	5	7	6	2	8	9	1
1	2	7	8	9	3	6	5	4
9	8	6	1	4	5	7	2	3
6	9	1	5	3	8	4	7	2
5	3	8	2	7	4	1	6	9
2	7	4	9	1	6	3	8	5

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